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BITE-SIZE FUN

No need for forks with these party favorites

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Easy grill recipes for hot days

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JULY•AUGUST 2007
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Summertime and the living is easy. At least it should be. With so much to do and so little time, summer vacations have a way of being even busier than our regular 9 to 5. If there's a time for culinary special effects, this probably isn't it. But with fresh fruits and vegetables in season, you don't have to sacrifice taste for the sake of simplicity — you can do a lot more with less. Welcome to a midsummer's *fresh* magazine.

Feeding a crowd? Pots, pans, plates, and silverware have a tendency to pile up, and clean up just slows everyone down. "Handy Dining" highlights the joys of eating with your fingers. Keep your summer simple by keeping it cool. No hot stove, no steamy kitchen — and lots of cool, cool meals. "The Big Chill" takes the heat off with a wonderful selection of crisp and creamy chilled soups — you're in for a treat. On the topic of liquid refreshment, fresh juices pack a lot of taste and an amazing number of health benefits. Get the facts in our latest "For Your Health." Prefer a nice glass of wine? Allow resident wine expert Tom Hansen to suggest a nice chilled rosé. And when there has to be a little heat, there's no reason why it shouldn't taste great. This issue's "Inspirations" takes a look at grilling sauces and marinades, a surprisingly simple way to add complex flavors to your menu.

Off to the beach? Pool party? Camping? Sometimes we forget one or two of those little extras. If you've ever been grateful to find lawn chairs or beach toys at your neighborhood Hannaford, you probably have Mimi Ingalls to thank. Find out all about her in an exceptionally well-merchandised "Ask the Expert." And while you're in the neighborhood, "Food for Thought" showcases a few of Mimi's favorite summer gadgets. Why should the kids get all the cool toys?

Enjoy your summer — and wherever you go, why not take *fresh* with you?

Ron

RON HODGE
President & CEO
Hannaford Bros. Co.

Thanks for a great magazine I have gotten my coworkers turned onto it now too after the Rosemary Prosciutto-Wrapped Filet Mignon recipe in the March/April issue

This was the best filet ever thanks also to the butcher at the Milford (Mass) Hannaford store I had just picked up the magazine and right away I had to get the filets to make this dinner While I was looking for the meat the butcher asked if he could help I showed him what I needed and he said he would cut some filets and bring them out to me He also asked "What time is dinner?" as he agreed that the page with the filet and mashers looked incredible

The filets were better than any filet I have been served in a restaurant! The prosciutto added an incredible flavor and I made a red wine sauce with it along with shallots parsley and mushrooms Thanks for a great recipe

LILIAN LARRABEE
Whitinsville Mass

Ed.: *We're glad you enjoyed one of our 2006 Hannaford Inspirations® Recipe Contest winners We think our customers are great cooks and we're happy to help them share their creations both through the contest and in our regular department "Food Lovers Favorites" (see page 10) Happy cooking!*

Thank you for the article on herbal teas in the March/April *fresh* I have been drinking Rooibos tea for years now I had to switch to a decaf drink and had never liked any of the traditional herbal teas Rooibos was a great choice because it is naturally decaffeinated something not noted in your article but that might be of interest to others who don't want to drink anything with the caffeine artificially removed Also the correct pronunciation is "roy boss " not "roy-bosh" as you state in the article "Rooibos" means "Red Bush" in Afrikaans

NANCY AHLSEN
South Portland Maine

I've been a faithful shopper at Hannaford for many years I really enjoy the store Recently I started picking up *fresh* magazine and I clipped a couple of recipes from the March/April issue It would be much easier to clip the recipes if the entire recipe was printed on the same page Many of the recipes are on more than one page Thank you

SALLY COURTRIGHT
Loudonville N Y

Ed. *We agree that the ideal would be not to continue recipes from one page to the next. We hope you'll understand that in order to have the recipes fit neatly on one page we would have to require our recipe developers to work within a template That restriction would limit both the number of recipes we could run and the creativity of the recipes It's all a trade off and we're working to bring you the most — and the most interesting — recipes we can in the space we have If you visit* ***www.hannaford.com****, you can print out recipes on one page from the online edition of fresh as well as recipes from our Online Recipe Finder*

I wanted to let you know how much my wife and I enjoy your magazine We keep all the copies in our pantry! Also your Hannaford Inspirations Blue Cheese salad dressing is truly outstanding It's better than the restaurants We do most of our shopping at the Queensbury (N Y) store on Quaker Road I look forward to going there every Friday for their sushi and the outstanding produce Thanks for the great magazine

BERNARD MUDD
Hadley N Y

We'd Love to Hear from You!

Please send your comments, suggestions, and culinary musings to freshmagazine@hannaford.com or *fresh* magazine PO Box 1000 Portland ME 04104 Be sure to include your name address, and daytime phone number Letters may be edited for length and clarity To comment on Hannaford stores visit **www.hannaford.com** and click on the Contact Us icon at the top of the page Then select Feedback or call 800 213 9040

RECIPE INDEX

features

Visit us online at **www.hannaford.com** for even more great recipes, tips, and ideas devoted entirely to your love of food.

ON THE COVER Start a fiesta with our Black Bean Taquitos. See page 32 for the recipe. Photograph by Richard Jung

departments

Grilling Tips

It's time to fire up the grill! Here are some tips to make this season's outdoor meals the best ever. For more ideas, check out "Inspired Grilling" on page 13.

* To cut grilling time, **partially precook** food in the microwave, oven, or stove, then immediately complete cooking on a preheated grill. (But never partially grill meat or poultry and finish cooking later.)
* Almost **any vegetable can be thrown on the grill**, but they should be the same thickness to ensure even grilling. Red and yellow peppers can be grilled in halves or quarters or threaded on a skewer with red onion quarters and whole button mushrooms.
* **Don't crowd the grill** — food needs space to cook.
* Stock up on **Hannaford Inspirations® grilling sauces and rubs** for a delicious flavor boost.
* Make sure tuna, salmon (skin on), and swordfish steaks are at least **1 inch thick** for grilling.
* The 1-inch rule works for meat as well as fish: burgers, steaks, chops, and sausages should be about an inch thick to avoid charring but still cook thoroughly.
* For moist, flavorful **grilled shrimp**, use large ones and leave the shells on.
* **All natural cedar grilling planks** hold food securely while retaining juices and imparting a delicious smoky taste. Just soak the plank in water for about an hour before placing it directly on the grill. Look for cedar planks in our Seafood department.
* Use an **instant-read thermometer** to make sure meats and fish are cooked safely.

[PLAY BALL]

Red Sox Team Up with Longball Vineyards

It's no surprise that Hannaford stocks wines to complement summer's favorite foods – but summer's favorite sport? Now you can pick up **three fine wines** that celebrate a trio of Red Sox superstars – and support their favorite charities. Proceeds from purchases of Tim Wakefield's CaberKnuckle Cabernet go to Pitching In For Kids, which provides grants designed to improve the lives of children across New England. Donations from sales of Curt Schilling's "Schilling Scherdonnay" Chardonnay help fund Curt's Pitch for ALS, a program that fights Lou Gehrig's disease. And when you buy Manny Ramirez "Manny Being Merlot" Merlot, you are helping the CHARLEE Program, which provides supportive homes for children in need in the Miami area. Each bottle is estate grown and handcrafted, perfect for sipping while you enjoy America's favorite pastime. Look for these special selections from Longball Vineyards through August in stores that carry wine.

TEXT: PHOTOGRAPH: CHRIS S. WEBOT; Z. COURTESY OF LINDSALL VINEYARDS AND WINE INSIGHTS

[INSPIRED IDEA]

Summer Sippers

Hannaford Inspirations® gelatos and sorbettos are delicious summer desserts by themselves, or on top of a bowl of berries or a piece of cake. But for a truly divine warm-weather treat, try a grown-up variation of an ice cream float. Instead of soda, use iced coffee or iced tea. Drop a scoop of Inspirations Dark Chocolate Gelato in a glass of iced coffee for the ultimate chilled mocha experience. Try Vanilla Gelato for a drink that's both creamy and refreshing. Gelatos and sorbettos can also enhance black, green and herbal teas. Lemon Sorbetto in a glass of iced green or mint tea is a true beat-the-heat refresher. Pink Grapefruit and Frutti di Bosco go well with a hibiscus-infused herbal tea. With classic iced black tea, try Mint Chocolate Chip Gelato or Raspberry White Chocolate Gelato for a tasty and unusual summer sipper.

[GADGETS GALORE]

Mango Madness

Ripe, fresh mangoes are as versatile as they are delicious. Cubed, sliced, or diced, they add color as well as flavor to summer salads and perk up entrées like grilled chicken. To cut corners on preparation time, pick up this clever **mango splitter** from OXO. Just press down on the soft handles and the stainless-steel blades smoothly separate the seed and leave you with two neat halves of mango, and almost no waste. From there, it's easy to cube or slice the fruit right off the skin. Dishwasher safe.

Bits and Pieces

Don't bother dragging out your food processor for those smaller chopping jobs. The **Kitchen Aid Food Chopper** is just right for tackling a handful of herbs, nuts, fruits, and vegetables – it even handles cheeses and chocolate. To ensure even chopping, the stainless-steel blade rotates each time you push down on the easy grip handle, while the food sweeper keeps pieces from accumulating on the sides of the chopper, which is designed to come apart for easy cleaning in the dishwasher.

Soft Touch

Don't get frustrated the next time you want to take the delicate skin off a peach, kiwi, tomato or even fresh ginger. The Swiss design **Zyliss Soft Skin Peeler** can make short work of the task without mangling the flesh underneath. The dual edges of the serrated blades make back-and-forth peeling motions a snap, even on soft-skinned "dumpy" and contoured produce. And the sharp steel tip quickly removes any blemishes. The comfortable grip works in either the right or left hand. Dishwasher safe.

Brush-off

Here's a shortcut to a favorite summer treat. Just husk that tempting fresh sweet corn, and the soft bristles of this easy to hold brush will take care of removing pesky silks. Whether you're canning, freezing, or just enjoying classic corn on the cob, this brush will make a serious dent in your preparation time. The **corn brush** also works well for cleaning other vegetables, especially mushrooms – it gently brushes off dirt without damaging the surface.

These items and more can be found in our gadgets aisle.

Wine on the Go

It's easy to carry your wine selections home from Hannaford's well stocked bins with this sturdy tote. Our reusable **wine carrier** has interior dividers to hold six bottles comfortably, so go ahead and take advantage of the great prices on our featured wines. The wine tote, which folds for easy storage, is great for picnics, or tuck in some bottles of your favorite vintage for a much appreciated gift. Look for the wine tote in our wine aisle.

NSET PHOTOGRAPH: STOCKFOOD

[INGREDIENT INSIDER: PANKO]

By Sally Sampson

Panko are bread crumbs that originally hailed from Japan, distinctive for their crisp, airy, flaky consistency. In Japanese, *pan* means bread and *ko* means crumbs, so the combined noun panko exactly means "bread crumbs." Panko was developed in the 1970s and while almost immediately beloved by American chefs for its unique texture, it took a few decades to catch on in the mainstream. No longer a specialty food exclusive to chefs and Asian markets, panko is now commonly available and can be found in the aisle with Asian ingredients. While panko is made from the heart (rather than the crust) of white bread, whereas beige panko is made from the whole loaf.

Most typically used as a coating for fried foods, such as *tonkatsu* (Japanese pork cutlets) and American fried chicken, or as a topping for casseroles, panko's coarse texture yields a crunchy coating that resists getting soggy. Much lighter than traditional American breadcrumbs, here panko is used sparingly to help make the flakes of crabmeat come together, resulting in a wonderfully delicate appetizer.

HERBED CRAB CAKES

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR, 30 MINUTES

The tang of the yogurt goes well with the fresh herbs, but you can use mayonnaise instead of yogurt for a more traditional flavor.

- 12 oz. crabmeat, very coarsely shredded
- ½ cup panko bread crumbs
- ¼ cup whole milk plain yogurt
- 2 Tbsp. chopped fresh basil leaves or 2 tsp. dried
- 1 Tbsp. chopped fresh chives
- 1 tsp. chopped fresh tarragon or ¼ tsp. dried
- ¼ cup all purpose flour
- 1 tsp. kosher salt
- 2 Tbsp. olive oil
- 1 lemon, quartered

1. Place crabmeat, panko, yogurt, basil, chives and tarragon in a medium size bowl and very gently combine. Form into 4 patties, cover and refrigerate at least one hour and up to four hours (crab cakes keep their shape better when refrigerated).
2. Mix together flour and salt on a large plate. Dredge each patty in the mixture. Place a large skillet over medium-high heat and when it is hot, add oil. Add patties and cook until lightly browned, about 6 to 8 minutes on each side. Serve immediately with lemon wedges.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
250 CALORIES, 23G CARBOHYDRATES, 21G PROTEIN, 9G FAT (1.5G SATURATED), 60MG CHOLESTEROL, 860MG SODIUM, 1G FIBER

Kids' Corner

By Lisa Stern

My 10-year-old daughter developed this recipe last summer when we had extra tomatoes.

The best kind of knife for chopping tomatoes is a small serrated knife. Smooth-edged knives don't cut through the tomato skins as well. You can use larger tomatoes, but kids usually find it easier to cut cherry tomatoes, which don't need to have the core removed.

Shoshi's Summer Pasta

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

- 20 cherry tomatoes, quartered, or 4 medium tomatoes, cored and chopped (about 1¼ cups)
- 3 Tbsp. fresh basil leaves
- 1 (8 oz.) container fresh mozzarella
- 1¼ tsp. salt, or to taste
- ¼ tsp. freshly ground black pepper or to taste
- 2 Tbsp. extra-virgin olive oil
- 1 lb. penne or ziti pasta

1. Place tomatoes with their juices in a large, nonreactive heat-proof bowl. Tear basil leaves into small pieces and add. Either chop mozzarella or tear it into small pieces, and add it to tomatoes. Add salt, pepper, and oil, and mix well. Allow tomatoes to sit at room temperature while pasta cooks.
2. Heat a large stockpot with water until it boils. Add pasta and stir so it doesn't stick to the bottom. Cook for 8 to 10 minutes, until pasta is cooked through but still firm. Drain in a colander, then add warm pasta to tomato mixture. Mix well to distribute. Taste and add more salt or pepper if needed. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
390 CALORIES, 50G CARBOHYDRATES, 22G PROTEIN, 6G FAT (0.5G SATURATED), 5MG CHOLESTEROL, 740MG SODIUM, 3G FIBER

PHOTOGRAPHS ON PAGES 7 AND 8: CARL TREMILEY; FOOD STYLING: MARY JANE SAWYER; PROPS STYLIST: MAUREEN BAKER

Not Just Groceries at Hannaford

From apple corers to zesters, Mimi Ingalls knows her gadgets

BY CAROLYN FAYE FOX PHOTOGRAPHS BY WARREN ROOT

What do ice cream scoops salad spinners and silicone ice cube trays have in common? They're just three of the 5,730 handy items that Mimi Ingalls makes sure are well stocked in all Hannaford stores. Whether it's seasonal helpers like extendable grilling forks for hot dogs and marshmallows, or year-round staples like plastic straws and stove-top cookware, every product must meet Mimi's own high standards. It's a lot to keep track of, but there's a simple explanation for why she loves being General Merchandise Category Manager: "I'm a gadget-o-holic," Mimi says cheerfully.

How do you choose merchandise for your category?
I look for form and function. I meet with vendors, read trade journals, and attend trade shows nationally and overseas. And I watch cooking shows. I love Rachael Ray and Emeril, but my favorite is Julia Child.

What did you discover on television that you bought for Hannaford?
Silicone items. I first saw them on cooking shows and was very impressed by the way they save steps and make cleanup so easy. I love the silicone basting brushes because you can put them in the dishwasher for easy cleanup, unlike the traditional boar bristle basting brushes.

How did you introduce these silicone products to customers?
We designed a continuity program, which is a limited-time promotion typically of a set of related items, but not things we usually stock. It's a good way to tell if our customers would be interested in new products before we commit regular shelf space. We learned that our customers are enthusiastic about these easy-care silicone timesavers, and now they're stocked regularly.

What's the most popular silicone baking item?
The number one selling item is the baking sheet liner. It doesn't burn whatever you're baking, and nothing sticks to it so cleanup is easy. It's amazing.

I'd expect pretty basic kitchen items and bakeware at a supermarket – plain cookie sheets, generic tools. Isn't silicone bakeware more of a specialty store item?
At Hannaford, we always try to give our customers more than they expect. We've recently added tools from KitchenAid, OXO and Zyliss, nationally known brands, at a value for our customers, on the shelves every day.

Is there a soon-to-be available gadget that's exciting?
A new mango splitter from OXO (see page 7). It's heavy duty — it looks like a wedge-shaped apple corer — and it works well. We'll also carry a Zyliss smoothie maker that attaches to a blender, so you can mix your smoothie and take it with you.

What are some of your biggest sellers in the summer?
Drinking straws are our number one item. Also popular are bamboo skewers, meat thermometers, nutcrackers with picks, and winged corkscrews. We have everything you need for relaxed summer meals, whether you're eating at home, at the beach, or at a park.

Can you recommend a list of essentials for summer grilling?
I wouldn't fire up my grill without a grill brush, silicone basters, metal or bamboo skewers, tongs, and a meat thermometer.

What's new on the shelves this summer?
Gadgets for everything from preparing food to serving it: silicone ice cube trays, frozen dessert and gelatin molds, extendable forks for hot dogs and marshmallows, melamine dishes with coordinating acrylic glassware, grill toppers and smoker boxes.

Are there classic items or perennial favorites?
We have a great selection of summer staples: paper goods, plastic cutlery, plate holders, food umbrellas, corn holders and trays. Other favorites are can racks for turning out moist grilled chicken, can and bottle coolers, beverage bottles and gallon pitchers.

Let's say I'm invited to a friend's beach house for the weekend. How could I put together a hostess gift from General Merchandise?
Start with a 19-quart lobster pot: paper goods, melamine lobster plates and platters, and professional lobster crackers and picks. Add lobster bibs, condiment and butter dishes, and, finally, a clambake apron and oven/grill mitt. And don't forget the lobster! ■

The Family That Eats Together

Two sisters continue a mealtime tradition

BY MEGHAN ROWLEY LITTLE PHOTOGRAPHY [illegible]

Ask sisters Pamela Cardillo and Elizabeth Nunberg when they first fell in love with cooking and both mention their childhood kitchen in Chelsea, Mass. It was there the girls learned the art of traditional Italian cuisine from seasoned experts — their mother and their grandmother.

The sisters recall helping their mother prepare a big pot of tomato sauce, which they called gravy, on Saturday nights. "My mother was regimented when it came to weekly meals," Pamela says. "The pot of gravy would provide three meals, which were served on Sunday, Tuesday and Thursday." Happy to be involved in the process, Elizabeth was responsible for mashing the tomatoes by hand and helping with the meatballs. "Everything was done by eye," she says. "We measured nothing — we judged ingredients as we went along." She still uses this technique.

Pamela and Elizabeth learned much more from their creative mother than how to make a mean gravy. "She could put anything together and make a wonderful meal," Pamela says. Now mothers themselves, the sisters share that sentiment.

"Watching my kids eat is inspiring," Pamela says of her three children: Victoria, 16, Christina, 14, and Richie, 11. Fortunate to have adventurous eaters, Pamela is free to experiment and introduce new flavors. One family favorite is Jamaican Jerk Chicken. "A friend introduced us to Jamaican recipes," Pamela says. Between frequent trips to the island and watching her friend make some of his native dishes, Pamela has been able to duplicate the taste at home. Likewise, when she orders a delicious dish at a restaurant, she tries to re-create it in her own kitchen.

Motivated by the social aspects of meal time, Elizabeth says, "It feels good to see people come to the table. When there's food on the table, there's always conversation." Elizabeth now keeps a kosher home for her family, which means some of the traditional Italian dishes she grew up with are no longer in her repertoire. But she has found substitutes for some family favorites. For example, she now uses beef ribs instead of pork ribs in her gravy. "It takes a little more work to tie the beef so it won't slide off the bone as it cooks, but it's tasty," she says.

Elizabeth likes to keep recipes uncomplicated. For example, her tuna gravy is both simple and scrumptious. Inspired by a dish made by a friend of her mother, Elizabeth experimented until she captured the original punch. "It's got a lot of flavor," she says, "and is best served with a textured pasta that allows the tuna to stick."

As the mother of Caroline, 12, and

(ELIZABETH'S PASTA WITH SAVORY TUNA SAUCE)

PROP STYLING: ROSINE [illegible]

Sarah 13 Elizabeth understands she can t please everyone's palate every time Echoing the sentiments of her sister and her mother she says what's important is having a meal on the table for the family to enjoy together

PASTA WITH SAVORY TUNA SAUCE

SERVES 6
ACTIVE TIME 30 MINUTES
TOTAL TIME 30 MINUTES

When Elizabeth was growing up the generic term for pasta was macaroni and all tomato sauces were called gravy So her family knew this recipe as macaroni with tuna gravy The secret ingredient here is the anchovies — they add a subtly delicious flavor Elizabeth prefers using a pasta that holds sauce well such as gemelli rotini or penne rigate

- 1 (2-oz) can anchovies in oil
- 1 medium onion finely chopped
- 2 Tbsp minced garlic
- 1 (6 oz) can white water packed tuna drained
- 1 (12 oz.) can tomato paste
- 3 tomato paste cans of water (4½ cups)
- 1/2 lb pasta such as gemelli rotini or penne rigate
- 3 Tbsp capers drained

1 Fill a large pot with water and place over high heat for cooking pasta
2 Heat a large saucepan over medium heat Pour oil from can of anchovies into pan keeping anchovies in can to use later Add onion and cook until translucent, about 2 to 3 minutes
3. Add garlic stirring Be careful not to let garlic burn Use a fork to flake tuna directly from can into onion mixture Stir to distribute thoroughly Chop reserved anchovies add to onion and stir to distribute
4 Add tomato paste and 3 cans water Stir thoroughly until smooth Bring to a boil then reduce to a simmer Partially cover slightly vented and stir occasionally until thickened about 8 to 10 minutes
5 When pot of water boils add pasta and cook according to directions
6 When sauce has thickened (about 8 to 10 minutes) add capers Turn off heat Drain cooked pasta in a colander Place about 1 cup of sauce in pasta pan Return pasta to pan Add another cup of sauce and mix to distribute making sure all pasta is coated with sauce Transfer pasta to a serving platter Drizzle 3 cups of sauce over pasta and place remaining 1 cup sauce on the side Serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING
550 CALORIES, 85G CARBOHYDRATES 28G PROTEIN, 3 5G FAT (0G SATURATED) 15MG CHOLESTEROL, 610MG SODIUM 4G FIBER

BROCCOLI QUICHE

BROCCOLI QUICHE

SERVES 6
ACTIVE TIME 20 MINUTES
TOTAL TIME 1 HOUR 15 MINUTES

For many Jewish families chicken is the traditional Friday night Sabbath meal Elizabeth's husband Robert comes from a family that ran a kosher butcher shop and they had meat so often that the special Friday night meal was dairy based This quiche is a family favorite and Elizabeth often makes two at a time

- 4 oz Gruyère cheese grated divided (about 1 cup)
- 1 (9 inch) deep-dish pie crust
- 3 eggs
- 1 (8-oz) container sour cream (1 cup)
- 1 (10-oz) pkg frozen chopped broccoli thawed excess water squeezed out
- 1 (2.8-oz) can french fried onions (located in the canned vegetable aisle)
- 1/2 tsp. salt or to taste
- 1/8 tsp freshly ground black pepper or to taste
- 4 oz thinly sliced Swiss cheese torn into bite-size pieces (1 cup)

1 Preheat oven to 350°F
2 Sprinkle ¾ of Gruyère cheese over bottom of pie crust
3. In a medium bowl lightly whisk eggs until blended Whisk in sour cream until smooth Stir in broccoli french fried onions, salt pepper and Swiss cheese Pour on top of grated cheese in crust
4 Sprinkle with remaining Gruyère Use strips of foil to cover edges of crust to prevent it from burning Bake for 40 minutes

(PAMELA'S JAMAICAN JERK CHICKEN WITH COCONUT RICE AND BEANS)

Remove foil and continue baking for another 8 to 10 minutes until the custard is set and the tip of a sharp knife inserted in the center comes out dry.

5 Let rest on a cooling rack for 5 minutes then serve. Quiche may also be served at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
480 CALORIES 23G CARBOHYDRATES 19G PROTEIN 33G FAT (16G SATURATED) 180MG CHOLESTEROL 400MG SODIUM 2G FIBER

JAMAICAN JERK CHICKEN WITH COCONUT RICE AND BEANS

SERVES 8
ACTIVE TIME: 1 HOUR
TOTAL TIME: 1 HOUR

Pamela suggests using bone-in chicken thighs and drumsticks, as the bone provides a lot of flavor. Her family loves this recipe so much that she makes it at least once a week, all year round.

Chicken

- 1/2 tsp McCormick Original Chicken Seasoning
- 1½ tsp McCormick Rotisserie Chicken Seasoning
- 1½ tsp McCormick Caribbean Jerk Seasoning
- 1½ tsp garlic powder
- 1½ tsp onion powder
- 1½ tsp seasoned salt
- 8 bone-in chicken thighs (about 2 ½ lb.)
- 8 bone-in chicken drumsticks (about 1¾ lb.)
- 1 to 2 Tbsp. water, as needed

Coconut Rice and Beans

- 3⅓ cups water
- 1 (13.5 oz.) can coconut milk
- 2 cups long grain white rice
- 2 (15.5-oz.) cans red kidney beans, drained but not rinsed

1 In a small bowl, mix together seasonings: garlic powder, onion powder, and seasoned salt.

2 Remove skin from chicken. Trim any excess fat from thighs.

3 Preheat grill to medium. Wash chicken, shake it dry, and place it in a large bowl. Sprinkle seasoning mix all over chicken pieces. Wearing rubber gloves, use your hands to rub mix over meat, making sure to coat it completely (if you don't have rubber gloves, wash your hands thoroughly when you're done). If needed, add additional spices. Also if needed, sprinkle water sparingly over meat to help spread seasoning mix.

4 Cook chicken on grill for about 30 to 35 minutes, turning every 10 minutes until well marked and cooked through (170°F using an instant-read thermometer). Alternatively, chicken can be baked on a greased baking sheet in a 400°F oven for 45 minutes until golden and cooked through.

5 While chicken grills, prepare rice. In a large pot, bring water and coconut milk to a boil. Add rice, bring back to a boil, then decrease heat to low. Cover and simmer until liquid is absorbed, about 20 to 25 minutes. Add kidney beans and heat through over low heat for an additional minute, then remove from heat.

6 When chicken is done, transfer to a serving platter. Serve immediately with Coconut Rice and Beans. Chicken is also good cold the next day.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
480 CALORIES 57G CARBOHYDRATES 37G PROTEIN 9G FAT (4G SATURATED) 105MG CHOLESTEROL 1,020MG SODIUM 10G FIBER

Have a favorite recipe? Please share it — you could be featured in Food Lovers' Favorites. Just email freshmagazine@hannaford.com.

Inspired Grilling

Summertime, and the grilling's easy

BY CAROLYN FAYE FOX | [illegible] A JLES JAN SCH

Want to light a fire under your grilling recipes? Try a jolt of wasabi, a spice rub that crackles with peppery zip or a vegetarian dish that packs a protein punch It's easy to freshen up the flavors of your favorite recipes with selections from the Hannaford Inspirations® line of marinades, grilling sauces spice rubs dips and more

First though you'll need to get your grill ready A clean grill will help keep food from sticking so make sure to scrub off any residue from previous uses Before you light the fire spray the cool grill rack with nonstick cooking spray to make it easier to remove grilled food.

Whether you re cooking with charcoal gas or electricity proper preheating is key A hot fire will sear the surfaces of the food to reduce sticking and help seal tasty juices inside meat, chicken and fish. If the fire is too hot and food starts to char turn down the heat or move the food either toward the cooler edges of the grill or if you have a multilevel grill up to a higher rack

Remember food continues to cook in its retained heat after you take it off the grill so watch carefully and test chicken, meat and fish with a sharp knife to avoid drying out your dinner. Chicken of course should always be cooked thoroughly but you can

TECHNIQUES FOR TASTE

Hannaford Inspirations® spice rubs marinades grilling sauces and mustards make it easy to dress up your raw ingredients with a huge range of styles from simply delicious to elegantly sophisticated

- **Marinades** add depth of flavor and help tenderize raw foods Make sure all surfaces are submerged in liquid or turn frequently A zipper top plastic bag makes marinating easy Once you remove raw food from the bag discard the remaining marinade
- **Spice Rubs** enhance flavor and texture and complement marinades Coat chicken meat or fish with an oil or marinade then sprinkle a rub on the surface Massage the rub into the food and refrigerate for a few hours to let the flavors meld
- **Grilling Sauces** are great for basting to keep foods moist while adding another layer of rich flavor
- **Mustarde** are a terrific condiment for grilled foods and especially tasty on sandwiches made from leftover grilled meats

(WICKED GOOD WASABI SCALLOPS)

FOOD ST[illegible] A[illegible] ON ATT[illegible]KOROUGH PROP STYL[illegible]NG LAURENT LABORE

remove it from the heat when its just shy of done (a little pink near the bone) then wrap it in foil to keep it moist while it finishes cooking for a few minutes off the grill

WICKED GOOD WASABI SCALLOPS

SERVES 4

ACTIVE TIME 20 MINUTES

TOTAL TIME 30 MINUTES

A modern take on a retro classic Crispy bacon surrounds creamy fresh scallops flavored with lemon pepper marinade all under a glaze spiced with ginger and wasabi

Note *The precooked bacon makes this a speedy dish to prepare Not that you re likely to have extra bacon but there are always good uses for any leftovers*

About 20 to 25 wooden toothpicks

- 1 lb large (not jumbo) sea scallops
- ¼ cup Hannaford Inspirations Lemon Pepper Marinade
- 2 (2.3-oz) pkg Hannaford Hickory-Smoked Sliced Bacon Strips Fully Cooked
- ½ cup Hannaford Inspirations Wasabi Ginger Grilling Sauce
- 2 cups chopped iceberg or romaine lettuce
- 1 (13 oz) container Hannaford Inspirations Dijon Wasabi Dip (optional)

1 Soak toothpicks in a bowl of warm water (this keeps them from scorching on the grill)
2 Put scallops in a large bowl Mix gently with Lemon Pepper Marinade While scallops marinate at room temperature for about 10 minutes heat grill or broiler
3 Wrap one bacon strip around each scallop and stick a toothpick through to hold bacon in place Place scallops on broiler pan or grill and brush generously with Wasabi Ginger Grilling Sauce Grill or broil for 2 to 3 minutes watching closely to avoid burning Turn scallops and brush with more grilling sauce carefully coating bacon edges Grill for an additional 2 to 3 minutes to finish cooking and crisp bacon
4 Test one scallop for doneness by piercing with a sharp knife The inside should be just barely translucent (better to undercook slightly as scallops will continue to cook after being removed from grill)
5 Place lettuce on a serving platter and place scallops on top of lettuce Serve hot with Dijon Wasabi Dip if desired

APPROXIMATE NUTRITIONAL VALUES PER SERVING
370 CALORIES, 20G CARBOHYDRATES 31G PROTEIN, 14G FAT (4 5G SATURATED) 70MG CHOLESTEROL 1 140MG SODIUM 1G FIBER

STEAKHOUSE AT MY HOUSE STEAK

SERVES 4

ACTIVE TIME 10 MINUTES

TOTAL TIME 25 MINUTES

Allow steaks to come to room temperature for about 10 to 15 minutes before marinating they'll grill more efficiently A marinade plus a rub gives these steaks a double boost of flavor The meat gains a layer of protective moistness from the marinade and the rub adds a crusty crunch

- 2 (1-lb) Hannaford Inspirations Angus sirloin steaks
- 1 cup Hannaford Inspirations Steak House Marinade
- 3 Tbsp Hannaford Inspirations Chicago Steakhouse Rub

1 Place room temperature steaks in a glass baking dish and pour marinade over them turning steaks to coat evenly Pat Chicago Steakhouse Rub onto both sides of each steak
2 While steaks rest for 10 minutes heat grill or broiler Grill or broil steaks on high

for 3 to 5 minutes until well marked. Turn steaks and continue cooking until desired doneness (4 to 6 minutes for medium, 6 to 8 minutes for medium-well). Let steaks rest on a platter covered with foil for 5 minutes before slicing.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
340 CALORIES, 5G CARBOHYDRATES, 40G PROTEIN, 18G FAT (6G SATURATED), 110MG CHOLESTEROL, 1,370MG SODIUM, 0G FIBER

TERRIFIC TERIYAKI TOFU

SERVES 6
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 25 MINUTES

The flavors from the marinade and spread give this tofu a fabulous flavor. Serve with rice and steamed broccoli or spinach. This recipe also works well with shrimp and chicken tenders; alter grilling times accordingly.

- 2 (14- to 16-oz.) pkg. extra-firm tofu, drained
- 1 cup Hannaford Inspirations Teriyaki Marinade, divided
- ⅓ cup Hannaford Inspirations Roasted Red Pepper Spread
- 2 Tbsp. toasted sesame oil
- ½ cup salted roasted peanuts, chopped
- 2 Tbsp. chopped fresh mint or cilantro
- 1 lime, ends removed, cut into 6 wedges


(TERRIFIC TERIYAKI TOFU)

1. Slice each tofu block crosswise into 6 slices, each about ½ inch thick.
2. Pour half the Teriyaki Marinade into a large glass baking dish, coating bottom of dish. Place tofu slices on top of marinade in dish in one layer. Pour remaining marinade over tofu.
3. While tofu marinates for 10 minutes, heat grill or broiler. Mix Roasted Red Pepper Spread with sesame oil.
4. Using a spatula, lift tofu slices from dish and transfer to grill or broiler. Spoon about 1 tsp. of the spread mixture on top of each tofu slice.
5. Broil or grill on high for 3 to 5 minutes until marked, about 5 minutes; then turn. Top with an additional teaspoon of spread and broil or grill for another 3 to 5 minutes.
6. To serve, transfer 2 slices each to six plates. Top with peanuts, mint or cilantro and a wedge of lime.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
330 CALORIES, 21G CARBOHYDRATES, 20G PROTEIN, 20G FAT (4G SATURATED), 0MG CHOLESTEROL, 1,120MG SODIUM, 3G FIBER

Boston-based writer Carolyn Faye Fox is a frequent contributor to fresh.

YOU GO, GRILL!

A pantry stocked with Hannaford Inspirations® items is your key to keeping the thrill in your grill all summer long. Feel free to add your own special touches to our products – a squeeze of lemon juice, freshly minced garlic – to customize your culinary creations. Experiment to add extra style to your serving platter.

- Marinate boneless chicken in **Teriyaki Marinade** and brush with **Sesame Ginger Stir Fry Sauce** while grilling.
- Making chicken wings for a crowd? Rub them with **Sweet Southern Barbecue Rub**, then cover with **Chipotle Grilling Sauce**.
- Salmon steaks will gain zesty heat from **Monterey Citrus Pepper Rub**; present a cool contrast by serving the salmon with **Yogurt Cucumber and Fresh Dill Dip**.
- For ribs and other cuts of pork, both **Red Apple** and **Mango Grilling Sauces** add a sweet, fruitiness that complements the meat's flavor, and they're a welcome change from the usual barbecue sauce.
- Full-flavored steaks and other cuts of beef benefit from spice rubs such as **Chicago Steakhouse** and **Robust Garlic and Herb**.
- **Chipotle Ranch Dressing** makes a nice chicken marinade. Serve grilled chicken with **Corn and Black Bean Salsa** spooned over the top.

Cooking with KIDS

Easy and fun family meals

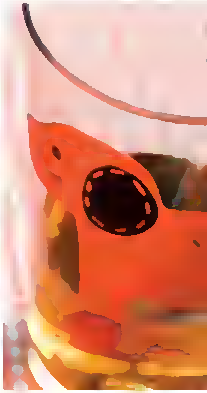
By Kathy Cunst
Photographs by Carl Tremblay

When my girls were young they liked nothing more than to stand on a kitchen chair right by my side and stir up a batch of flour and water They would sprinkle in some salt and a dash of cinnamon and tell me all about their amazing new culinary concoction While I peacefully cooked they were making their own special "dinner" Sometimes it left a mess but mostly it left great memories

Spending time with your children in the kitchen — stirring batters telling stories talking through recipes — has the potential to be one of the best bonding times imaginable "Potential" because cooking with kids can be incredibly messy and slow going. But these drawbacks are outweighed by the strong sense of accomplishment many children feel when they prepare food for themselves and others Once you see the sense of pride on your childs face you'll understand that its well worth the mess and the patience it requires to cook with kids Allowing your kids to help out in the kitchen sends a power ful message cooking is fun cooking is easy, and cooking your own meals is good for you.

The whole idea of inviting kids to cook with you is to spend time together have fun give them a lifetime skill and perhaps teach them something about good healthy food This is also a great time to pass on family traditions and recipes ("These are the cookies my grandma and I made when I was your age") and create lasting memories

FOOD 52 — © MARIE-CLAIRE SAN EP PHOP — T. MURPHY



PEANUT BUTTER [illegible] STUFFED FRENCH [illegible]

SERVES 4

ACTIVE TIME: 35 MINUTES

TOTAL TIME: 35 MINUTES

This recipe was adapted by the Hannaford *fresh* staff from a recipe created by the Peanut Board.

- 1 cup sliced strawberries
- ½ cup Hannaford Insp rations® Raspberry Syrup, plus additional for topping
- 1 ripe banana, sliced
- ¼ cup natural peanut butter
- 8 slices whole grain bread
- 1 egg
- 2 egg whites
- 1 cup milk
- ½ tsp. salt
- 2 tsp. sugar
- ½ tsp. ground cinnamon
- 2 tsp. unsalted butter

1. In a small bowl, mix together sliced strawberries and raspberry syrup. Set aside.
2. In a second small bowl, mash banana with a fork. Mix in peanut butter. Spread mixture onto 4 slices of bread. Top each with a second slice of bread to make 4 sandwiches.
3. In a 9-by-13-inch baking dish, lightly whisk together egg, egg whites, milk, salt, sugar, and cinnamon. Place sandwiches in egg mixture and let soak about 3 minutes. Then flip sandwiches over until egg mixture is absorbed, another 2 to 3 minutes.
4. Melt butter in a large nonstick skillet over medium-low heat. Alternately melt on a heated griddle. Cook bread in hot pan until cooked through and browned, about 2 to 3 minutes per side. Serve immediately topped with reserved strawberries, plus additional raspberry syrup, if desired.

(TURKEY BURGERS WITH FETA AND OLIVES)

What Kids Can Do. Mash fruit with peanut butter. Spread peanut butter mixture on bread. Beat egg mixture.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 560 CALORIES, 80G CARBOHYDRATES, 24G PROTEIN, 18G FAT (3.5G SATURATED), 65MG CHOLESTEROL, 830MG SODIUM, 7G FIBER

TURKEY BURGERS WITH FETA AND OLIVES

SERVES 5

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 25 MINUTES

These burgers are low in fat and full of flavor. Serve on hamburger buns or pita bread.

Note: *Make sure hands are washed thoroughly with soap and water after shaping patties.*

- 1 lb. ground turkey
- ¼ cup finely chopped fresh parsley
- ¼ tsp. salt
- ⅛ tsp. freshly ground black pepper
- 2 Tbsp. low-fat plain yogurt
- ½ cup crumbled feta cheese
- 2 Tbsp. finely chopped pitted black or green olives (optional)
- 5 hamburger buns, split

1. Preheat grill or broiler with shelf at least 4 inches from heat.
2. In a large bowl, use a mixing spoon to combine ground turkey, parsley, salt, pepper, yogurt, feta, and olives if using. Mix until thoroughly blended, making sure to poke olives inside burger mixture.
3. Divide mixture into 5 burgers. Grill or broil for 5 to 6 minutes on each side, until browned and cooked through (with no sign of pinkness). Place on buns.

What Kids Can Do: Crumble cheese and hand you ingredients. Use scissors to mince parsley. (Keep smaller children away from raw meat mixture.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 300 CALORIES, 23G CARBOHYDRATES, 22G PROTEIN, 13G FAT (5G SATURATED), 85MG CHOLESTEROL, 810MG SODIUM, 1G FIBER

DIFFERENT AGES, DIFFERENT STAGES

It's never too early to invite your kids into the kitchen

- **Toddlers** have great fun stirring and helping to measure ingredients. They can whisk eggs or use a wooden spoon to mix cake batter. Use plastic bowls and soft spatulas – tools that are easy to maneuver and difficult to break.
- For **kids 3 to 5** stick to the simple, safe tasks, nothing that involves a hot stove or a sharp blade. If something needs to be chopped and it's soft, let your child use a plastic knife. When they measure ingredients, place the measured amount onto a sheet of waxed paper before adding it directly into the bowl or dish. That way if they measure twice the amount called for you won't have a disaster.
- **Kids 6 to 10** can become far more involved and can even be encouraged to create their own recipes. Supervised, they can learn to chop and sauté.
- **Teens** will reward you by cooking dinner. When they feel comfortable in the kitchen, stay out of their way and let them create on their own.

If you start teaching your kids at an early age, they'll feel confident in the kitchen, understand the basics of cooking, and be inspired to share their skills with others.

(MAKE-YOUR-OWN TACOS BAR)

MAKE YOUR OWN TACOS BAR

SERVES 8
ACTIVE TIME: 35 MINUTES (DEPENDING ON WHAT YOU CHOOSE FOR THE TACO BAR)
TOTAL TIME: 55 MINUTES

This recipe has all the ingredients for a fun summer party! All fillings are optional — use only what you like. It's not crucial to heat the flour tortillas, but they're more flexible when warmed.

Spiced Taco Beef

- 1 Tbsp. vegetable oil
- 2 scallions, white and green parts, finely chopped
- 1 tsp. ground cumin
- 1 tsp. dried thyme
- 1 clove garlic, minced
- ¼ tsp. salt
- ⅛ tsp. freshly ground black pepper
- 2 lb. ground beef chuck, or sirloin
- ½ cup Hannaford Inspirations® Country Tomato Salsa
- ½ cup water
- 1 Tbsp. tomato paste

Taco Bar

- 8 soft white or wheat flour tortillas
- 8 hard taco shells
- 1 lime, cut into small wedges
- Sour cream
- Hannaford Inspirations Country Tomato Salsa
- Hannaford Inspirations Corn and Black Bean Salsa
- Grated Monterey Jack, cheddar or Mexican-style cheese
- Hot pepper sauce
- Chopped fresh tomatoes
- Chopped scallions
- Chopped green peppers
- Chopped avocado
- Pickled jalapeño peppers
- Pitted black or green olives
- Chopped fresh cilantro
- Chopped iceberg or romaine lettuce

(CAESAR SALAD WITH HOMEMADE DRESSING AND CROUTONS)

1 Prepare Spiced Taco Beef In a large skillet heat oil over moderate heat Add scallions and cook until they begin to soften slightly about 2 to 3 minutes Add cumin thyme garlic salt and pepper and cook another 2 minutes Raise heat to moderately high and add beef Cook stirring occasionally about 8 minutes until well browned Add salsa water and tomato paste and stir to incorporate Taste for seasoning and add additional cumin thyme salt or pepper as needed (Spiced Taco Beef can be prepared the day before serving cover and refrigerate When ready to serve reheat taco meat over low heat until bubbling add more water and salsa if mixture starts to dry out)

2 Prepare Taco Bar Preheat oven to 300°F Line a baking sheet with foil place tortillas and taco shells on baking sheet Heat for about 6 minutes until warm Serve with toppings placed in individual bowls

What Kids Can Do. Help choose toppings and place them into bowls Help stir taco mixture and add spices

APPROXIMATE NUTRITIONAL VALUES PER SERVING (BEEF ONLY) 270 CALORIES 2G CARBOHYDRATES 21G PROTEIN 19G FAT (7G SATURATED) 75MG CHOLESTEROL 210MG SODIUM 0G FIBER

[illegible] DRESSING [illegible]

SERVES 6
ACTIVE TIME 20 MINUTES
TOTAL TIME 25 MINUTES

Kids (and adults) will love the crunchy lettuce mixed with cheese croutons and a creamy dressing The anchovies are optional but they get mashed up into the dressing and kids won't even know they're there — unless they're old enough to read this recipe!

Croutons

- 1½ Tbsp olive oil
- 3 slices bread each cut into 12 to 16 squares

Salad and Dressing

- 1 clove garlic peeled
- ¼ tsp. salt
- ⅛ tsp. freshly ground black pepper
- 4 anchovies (optional)
- 1 tsp. Worcestershire sauce
- 2 Tbsp freshly squeezed lemon juice (juice from 1 medium lemon)
- 2 Tbsp olive oil
- 1 medium head romaine lettuce about 12 oz., washed dried and cut into 1- to 2-inch pieces
- ½ cup grated Parmesan cheese

[illegible]

- Start with a simple recipe like lemonade ice pops or scrambled eggs
- Lay newspaper or an old plastic table cloth under your child's work area for easy cleanup When you're done cooking simply throw the paper away or sponge off the plastic
- Make sure knives and sharp tools are not within reach of younger kids
- Have your child wear an apron or easily washable clothes so you don't worry about spills
- Set up all your ingredients before starting
- Organization is key Always read a recipe through before cooking with children and avoid recipes that require potentially dangerous techniques
- When more than one child is involved split up the chores according to their age and abilities
- Cleaning up is part of cooking If you teach your children to clean up as they go they'll see how much easier it is at the end There's nothing more discouraging for parent or child than a sink full of dishes and a kitchen that looks like a disaster site Make the cleanup enjoyable for example let them make soapy bubbles while washing off bowls and plates
- Most important keep it fun and praise your children's efforts so that cooking becomes something they want to do over and over again

1 Preheat broiler Line baking sheet with foil
2 Put olive oil in a medium bowl. Add squares of bread and toss to coat with oil Put bread on baking sheet and broil 1 to 2 minutes or until golden brown Flip bread over and broil another 1 to 2 minutes until golden on both sides Croutons can be made several hours ahead of time
3 Make salad Place garlic clove in bottom of a large salad bowl and sprinkle with salt Use the back of a kitchen spoon to crush garlic and salt into a paste Add pepper Add anchovies if using and mash them into garlic with spoon Stir in Worcestershire sauce and lemon juice and mix Add olive oil and mix well (Dressing can be made covered and refrigerated several hours before serving)
4 Place lettuce on top of dressing in bowl Scatter cheese over lettuce and top with croutons Toss making sure leaves are coated with dressing. Serve immediately

What Kids Can Do Wash and dry lettuce sprinkle cheese add croutons and toss salad

APPROXIMATE NUTRITIONAL VALUES PER SERVING
200 CALORIES 21G CARBOHYDRATES 7G PROTEIN 11G FAT (2 5G SATURATED) 5MG CHOLESTEROL 420MG SODIUM 2G FIBER

ASIAN SALMON SKEWERS WITH PEANUT BUTTER SAUCE

SERVES 6
ACTIVE TIME 30 MINUTES
TOTAL TIME 35 MINUTES

This is summer cooking at its simplest and best A thick salmon fillet is cut into cubes placed on skewers and lightly marinated (Make sure you wash your hands thoroughly after threading the salmon on the skewers) The recipe also works well with chicken grill for 10 minutes on each side If you or your child has a nut allergy make an alternative dipping sauce by combining 1 cup soy sauce with 1 Tbsp finely chopped fresh ginger 2 chopped scallions and a drizzle of sesame oil

Note: *Bamboo skewers need to be soaked in cold water for about 30 minutes to prevent burning*

If you're cooking with very young kids you may want to cut the sharp points off the skewers after you've threaded the salmon on them.

Peanut Butter Sauce

3 scallions finely chopped
1½ Tbsp. minced fresh ginger
1 cup chunky peanut butter
3 drops hot pepper sauce (optional)
¾ cup warm water
¼ cup soy sauce
1½ Tbsp. sesame oil

Salmon

1 Tbsp. minced fresh ginger
¼ cup soy sauce
½ tsp. hot pepper sauce (optional)
¼ cup orange juice
1 Tbsp. freshly squeezed lemon juice
2 scallions finely chopped
2 lb salmon fillet about 1 inch thick cubed
Lime wedges for garnish

1. Prepare Peanut Butter Sauce In a large bowl mix scallions and ginger Stir in peanut butter hot pepper sauce if using, water soy sauce and sesame oil Taste for seasoning and add more hot pepper sauce if desired to make sauce spicier Stir until sauce is smooth. (Sauce can be made a day ahead of time Cover and refrigerate until ready to use Remove


ASIAN SALMON SKEWERS WITH PEANUT BUTTER SAUCE

from fridge as you begin to cook salmon.)
2 Prepare salmon. Line a rimmed baking sheet with foil. In a nonreactive bowl, combine ginger, soy sauce, hot pepper sauce, orange juice, lemon juice, and scallions and gently toss to mix. Add salmon and stir to make sure it's well coated. Thread 3 to 4 cubes salmon on each skewer and place on baking sheet. Pour any remaining marinade over salmon.
3 Let salmon marinate while you heat grill or broiler, with shelf at least 4 inches from heat. Grill salmon 4 to 5 minutes on each side, or until cooked through. Serve hot with lime wedges and Peanut Butter Sauce.

What Kids Can Do: Mix peanut butter sauce. Help mix marinade ingredients and pour marinade over salmon.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
380 CALORIES, 14G CARBOHYDRATES, 42G PROTEIN, 41G FAT (7G SATURATED), 90MG CHOLESTEROL, 1,010MG SODIUM, 4G FIBER.

(PEACHY KEEN CAKE)

PEACHY KEEN CAKE

SERVES 8
ACTIVE TIME: 50 MINUTES
TOTAL TIME: 1 HOUR 35 MINUTES

This is the simplest of cakes: a quick and easy batter mixed with an assortment of fresh berries (use anything that's in season: raspberries, blackberries, blueberries, strawberries). Serve with whipped cream, vanilla ice cream, or a simple sprinkling of confectioners' sugar.

- 3 ripe peaches, or 3 cups drained canned peaches
- ½ cup (1 stick) unsalted butter
- 1 cup sugar
- 1 tsp. vanilla
- 2 large eggs
- 1½ cups all purpose flour
- 1½ tsp. baking soda
- 2½ cups mixed berries, divided
- Confectioners' sugar, whipped cream or ice cream for serving

1 Preheat oven to 350°F. Generously spray a 10-inch springform pan with a removable bottom with cooking spray. (Baked fruit can stick, so coat surface thoroughly.) Sprinkle with flour and tilt to coat bottom and sides. Shake out any excess flour.
2 Peel peaches. You can do this with a vegetable peeler, like the Zyliss Soft Skin Peeler on page 7. To make peeling easier, microwave each peach for 15 seconds. Let rest for 2 minutes, then peel. Slice into thin slices and set aside.
3 In a large bowl, use an electric mixer to beat butter and sugar until light and fluffy, about 10 minutes on medium speed. Add vanilla and beat for 1 minute. Add eggs, one at a time, beating to fully incorporate each addition. Add flour and baking soda and very gently mix until just incorporated.
4 Using a spatula, gently fold peach slices and 1½ cups of the berries into batter. Batter will be quite thick — kids may need adult help to mix in all the fruit. Pour into prepared cake pan. Place pan on a cookie sheet and bake on middle rack for 50 to 60 minutes, or until a toothpick set in the center comes out clean. Let cool before removing sides of cake pan.
5 Place confectioners' sugar, if using, in a small sieve or sifter and sprinkle on top of cake, along with remaining 1 cup berries. Or top with whipped cream or ice cream.

What Kids Can Do: Grease pan and help make batter.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
290 CALORIES, 44G CARBOHYDRATES, 5G PROTEIN, 13G FAT (8G SATURATED), 65MG CHOLESTEROL, 260MG SODIUM, 2G FIBER.

Kathy Gunst is the coauthor of Stonewall Kitchen Favorites *(Clarkson Potter) and the "Resident Chef" on National Public Radio's* Here and Now.

Angus Is Served.

Hannaford Inspirations®

It's a whole new way to enjoy grilling. Dine out in style with succulent Hannaford [illegible] Angus beef. Every cut is superbly marbled and hand-trimmed for delicious Angus flavor that's always a cut above.

"When Life Gives You Lemons" Tenderloin Filets

Serves 4-6

Ingredients

4 (6- to 8-ounce) Hannaford Inspirations® Angus tenderloin filets
2 1/2 tablespoons fresh rosemary, finely chopped
1 tablespoon black peppercorns, coarsely ground
1 garlic clove, minced
2 lemons, zest only
1/2 tablespoon kosher salt
2 tablespoons extra virgin olive oil

Directions

1. Mix rosemary, peppercorns, garlic, lemon zest, salt and olive oil in a small bowl until a thick "paste" is formed. Rub can be made up to one day prior if kept covered and refrigerated.
2. Rub paste on both sides of steaks and place in a shallow pan. Let rest at room temperature 15 to 20 minutes.
3. On a medium-high grill, cook steaks to preferred degree of doneness, or until meat reaches 160°F on a meat thermometer for medium doneness.
4. Remove steaks from grill to a clean plate. Lightly "tent" steaks with foil and let rest for about 5 minutes.

Super-cool soups make a refreshing summer meal

the big chill

BY ADAM RIED
PHOTOGRAPHS BY FRANCES JANISCH

Summer days are salad days. They're tomato days, and watermelon, corn on the cob, and backyard barbecue days. They are not, however, soup days.

Or are they? How about turning down the temperature with a refreshing chilled soup? Friends and family probably won't expect a cool soup, but after one taste they'll appreciate extraordinary ability to restore spirits, and palates, sagging in the summer heat.

As with their warm, winter counterparts, chilled summer soups offer terrific flexibility cooks and diners alike. A chilled soup works well for almost any meal of the day with a salad or sandwich, our fruit and vegetable Tropical Gazpacho is equally rewarding as a satisfying lunch or a light, back-porch-in-the-cool-evening-breeze supper. On summer mornings in Sweden you might well encounter a chilled fruit soup, such as Scandinavian Vanilla Rhubarb Soup, topped with a dollop of yogurt for breakfast; a gelato in the evening, and it becomes a refreshing dessert. Chilled soups can also appear as appetizers and entrées. Our delicate Triple Celery Soup whets the appetite as a light and elegant starter for a fancy summer meal. Heartier choices like the Curried Zucchini Buttermilk Soup or Spanish Garlic and Almond Soup could easily anchor a casual dinner.

Because chilled soups need time to cool down thoroughly, it's best to prepare them ahead of time. That's great for summer entertaining because you can fix them in the morning when it's cool, and then forget about them until a few minutes before serving. Don't despair if time is short, though, because you can speed-chill your soup by a large bowl of soup in a larger bowl of ice water. You can even pop your serving into the freezer while the soup chills; the frosted bowls will help the soup stay cool the table.

CHILL THRILL

All recipes call for a "nonreactive" bowl. Acidic foods such as tomatoes can react with materials like aluminum or copper which can affect the flavor of the soup. While any nonreactive bowl is fine for chilled soups, we recommend stainless steel as it cools faster and stays cool longer, helping the soup to maintain its refrigerated temperature.

CURRIED ZUCCHINI BUTTERMILK SOUP

SERVES 6
ACTIVE TIME: 35 MINUTES
TOTAL TIME: 4 HOURS, 55 MINUTES
(INCLUDING CHILLING TIME)

The curry and zucchini skins give this soup a cheerful golden green hue. For a garnish variation, cut and reserve a few paper thin slices of zucchini before chopping the rest.

- 1 Tbsp. olive oil
- 1 medium onion, chopped (about 1 cup)
- 3 medium large zucchini (about 2 lb.), unpeeled and ends trimmed, chopped medium
- ½ tsp. salt, or to taste
- ½ tsp. freshly ground black pepper, or to taste
- ⅛ tsp. red pepper flakes
- 1 tsp. ground cumin
- 1 tsp. curry powder
- 2½ cups low sodium chicken broth or vegetable broth
- 1½ cups buttermilk
- 2 Tbsp. minced cilantro or parsley for garnish
- ⅓ cup crumbled sweet potato chips for garnish (optional)

1 In a large saucepan, heat oil over medium heat. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Add zucchini and salt, stirring to coat zucchini with oil and onion. Reduce heat to medium-low, cover, and cook, stirring occasionally, until zucchini is tender and has released juices, about 20 minutes.

2 Add black pepper, red pepper flakes, cumin, and curry; increase heat to medium-high and cook until fragrant, about 1 minute. Add broth and cook to blend flavors, about 1 minute.

3 Working in batches, fill blender jar halfway with a portion of zucchini mixture and purée, holding lid in place with folded dishtowel. Pour into large nonreactive bowl (preferably stainless steel). Add buttermilk and stir to blend. Let cool briefly to room temperature, about 20 minutes, then cover with plastic wrap and refrigerate until soup is cold and flavors have combined, at least 4 hours.

4 Stir soup to blend, and correct seasoning with additional salt and pepper if desired. Ladle into chilled bowls, garnish with minced cilantro or parsley and sweet potato chips, if using, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
100 CALORIES, 12G CARBOHYDRATES, 3G PROTEIN, 3.5G FAT (1G SATURATED), 5MG CHOLESTEROL, 340MG SODIUM, 2G FIBER

TROPICAL GAZPACHO

SERVES 4
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 4 HOURS, 40 MINUTES
(INCLUDING CHILLING TIME)

Make sure to buy pineapple packed in juice, not syrup — the juice is essential here. You can find jicama in our Produce department or substitute peeled, seeded cucumber or radishes. Peaches or nectarines may be

FOOD STYLING: ALISON ATKENBRUGH; PROP STYLING: LAURENT LABORE

used instead of mangoes. When dicing the produce, dice into ¼-inch pieces. If you like a smooth texture, purée the soup.

- 1 (20-oz.) can pineapple slices or chunks packed in juice (no sugar added)
- 1 small mango, peeled and diced (about 1½ cups)
- 1 tomato, cored and diced (about 1 cup)
- ½ small (about 12 oz.) jicama, peeled and diced (about 1 cup)
- 1 small red, orange, or yellow bell pepper, cored, seeded, and diced (about ¾ cup)
- ½ cup minced sweet onion (such as Vidalia)
- 1 large clove garlic, minced
- 1 Tbsp. grated fresh ginger
- ½ tsp. salt, or to taste
- ¼ tsp. hot pepper sauce, or to taste (optional)
- ½ cup freshly squeezed lime juice (about 4 limes)
- 2½ cups tomato juice
- 6 ice cubes, for serving
- 1 lime, cut into thin slices, for serving

1 Drain pineapple and reserve juice (there should be about 1 cup). Dice pineapple into ¼-inch pieces. Add them to a large nonreactive bowl (preferably stainless steel) and combine with mango, tomato, jicama, bell pepper, onion, garlic, ginger, salt, hot pepper sauce (if using), and lime juice. Let mixture stand until fruit and vegetables just begin to release their juices, about 5 minutes.
2 Stir in reserved pineapple juice and tomato juice. Cover with plastic wrap and refrigerate until soup is cold and flavors have combined, at least 4 hours.
3 Stir gazpacho to blend, and correct seasoning with additional salt and lime juice if desired. Place one ice cube in each chilled bowl, ladle gazpacho over ice, garnish with a lime slice, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 49G CARBOHYDRATES, 3G PROTEIN, 0.5G FAT (0G SATURATED), 0MG CHOLESTEROL, 560MG SODIUM, 6G FIBER.

SPANISH GARLIC AND ALMOND SOUP

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 4 HOURS, 20 MINUTES (INCLUDING CHILLING TIME)

This is a variation on a classic Spanish recipe, *ajo blanco*. The sherry is untraditional, but it picks up the flavor of the almonds nicely. Many traditional recipes instruct you to peel the grapes, but this contemporary version, don't bother. This soup should be about the consistency of heavy cream.

- 1 (1 lb.) loaf French, Italian, or sourdough bread, crust trimmed, torn or cut into roughly 1-inch pieces (about 9 cups; 12 to 13 oz. without crusts)
- 5 cups water
- 1¾ cups blanched (skinless) slivered or sliced almonds
- 2 medium cloves garlic, chopped
- 2 Tbsp. extra-virgin olive oil
- 2 Tbsp. dry sherry, or to taste
- 1½ Tbsp. sherry vinegar, or to taste
- ½ tsp. salt, or to taste
- 1½ cups green seedless grapes (about 3 dozen), each grape quartered lengthwise

1 In a large bowl, soak bread in the water (push bread down to submerge fully) until softened, about 10 minutes.
2 While bread soaks, toast nuts. Heat heavy skillet over medium heat. Add almonds and toast for 8 to 10 minutes, shaking pan gently until nuts are lightly browned, but not burned. Let cool for 3 minutes. Set aside ¼ cup of nuts to use as garnish.


SPANISH GARLIC AND ALMOND SOUP

3 Fill blender jar halfway with half the bread mixture, half the remaining almonds and half the garlic. Purée until very smooth. With motor running, add half the olive oil in a slow, steady stream and purée until mixture is very smooth and emulsified. Pour into large, nonreactive bowl (preferably stainless steel) and repeat with remaining soaked bread, almonds, garlic and olive oil.

4 Add sherry vinegar and salt, and stir to combine. Cover with plastic wrap and refrigerate until cold, at least 4 hours.

5 Stir soup to blend, and correct seasoning with additional salt and vinegar if desired. Divide cut grapes among six chilled bowls, reserving six pieces for garnish. Ladle soup into bowls over grapes, garnishing with reserved toasted almonds and grape quarters, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
450 CALORIES, 36G CARBOHYDRATES, 12G PROTEIN, 23G FAT (2G SATURATED), 0MG CHOLESTEROL, 1,040MG SODIUM, 5G FIBER

SCANDINAVIAN VANILLA RHUBARB SOUP

SERVES 6
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 4 HOURS, 50 MINUTES (INCLUDING CHILLING TIME)

This sweet, tart soup takes well to variations. For a gentle heat, add 1 Tbsp. of grated fresh ginger at the beginning of cooking. If you'd like a hint of spice, add 4 cinnamon sticks and 6 whole cloves to the pot. For a fruity sweetness, add 1 Tbsp. raspberry jam to the soup along with the vanilla and stir until the jam melts. If you prefer a smooth, velvety texture, purée the soup in a blender. If serving for brunch, top with yogurt; for dessert, use gelato or whipped cream.

2 lb. rhubarb, leaves and ends trimmed, stalks cut into 1-inch pieces (about 8 cups)
4 cups water
1 cup sugar
Pinch salt
1½ Tbsp. vanilla extract
Hannaford Inspirations® Vanilla Gelato, whipped cream, or vanilla yogurt for garnish
6 strawberries, cored and quartered for garnish (optional)

1 In a large saucepan, bring rhubarb, water and sugar to boil over medium-high heat, stirring occasionally to dissolve sugar. Reduce heat to low and simmer until rhubarb breaks down, about 15 minutes. Press any large chunks of rhubarb against side of pan with a spoon to break them up; add salt and vanilla, and stir to combine.

2 Pour into a large, nonreactive bowl (preferably stainless steel). Let cool to room

FLAVOR SAVER

Cold temperatures can sometimes mute flavors. Do a final tasting of the soup once it has chilled – you might need to punch up the seasoning with a liberal hand to assure the brightest possible taste. Also, when water rather than broth is the liquid component, consider using filtered or spring water, especially if you question the flavor of your tap water. You'll taste the difference in the soup.


(SCANDINAVIAN VANILLA RHUBARB SOUP)

temperature, about 20 minutes. Cover with plastic wrap, and refrigerate until soup is cold and flavors have combined, at least 4 hours.

3. Stir soup to blend. Ladle into chilled bowls, garnish with a small scoop of gelato, a dollop of whipped cream, or yogurt — plus strawberries, if using — and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 170 CALORIES, 41G CARBOHYDRATES, 1G PROTEIN, 0G FAT (0G SATURATED), 0MG CHOLESTEROL, 30MG SODIUM, 3G FIBER.

TRIPLE CELERY SOUP

SERVES 4
ACTIVE TIME: 50 MINUTES
TOTAL TIME: 5 HOURS 10 MINUTES (INCLUDING CHILLING TIME)

This soup is the china doll of the crowd, pale of color and delicate of flavor.

- 1 bunch celery stalks with leaves (about 1½ lb.)
- 2 Tbsp. unsalted butter
- 4 large shallots, sliced thin (about 1½ cups)
- 1 medium potato (6 to 8 oz.), peeled and chopped medium (about 1½ cups)
- ½ tsp. celery seeds, divided
- 1 sprig fresh thyme or pinch dried thyme
- 2 small bay leaves
- 1 tsp. salt, or to taste, divided
- 5 cups water
- ½ cup fresh parsley leaves
- 1 lemon, sliced thin, for garnish

1. Remove leaves from inner stalks of celery; there should be about ½ cup. Refrigerate leaves to use later for garnish. Peel any tough strings from stalks and chop stalks into ½-inch pieces; there should be about 6 cups.

2. In a large saucepan, heat butter over medium heat. Add shallots and cook, stirring occasionally, until softened, about 4 minutes. Add chopped celery and potato, ½ tsp. celery seeds, thyme, bay leaves, and ½ tsp. salt; stirring to coat vegetables with butter and shallots. Reduce heat to medium-low, cover, and cook, stirring occasionally, until potato is tender and celery is tender-crisp and has released juices, about 15 minutes.


(TRIPLE CELERY SOUP)

3. Add water and cook to blend flavors, about 1 minute. Remove bay leaves and thyme sprig, if used.

4. Working in batches, fill blender jar halfway with a portion of celery mixture and some of the parsley and puree, holding lid in place with folded dishtowel. Pour puree into a mesh strainer set over a large nonreactive bowl (preferably stainless steel). Gently stir puree in strainer until all liquid has passed through into bowl; press on solids to extract as much liquid as possible, then discard them. Once all the puree is strained, add remaining ½ tsp. salt and stir to combine. Let cool briefly to room temperature, about 20 minutes; cover with plastic wrap, and refrigerate until soup is cold and flavors have blended, at least 4 hours.

5. Correct seasoning with additional salt if desired. Ladle into chilled bowls. Mince reserved celery leaves and use to garnish each bowl, along with a few of the remaining ¼ tsp. celery seeds and a thin slice of lemon.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 180 CALORIES, 30G CARBOHYDRATES, 5G PROTEIN, 6G FAT (3.5G SATURATED), 15MG CHOLESTEROL, 750MG SODIUM, 5G FIBER. ●

Adam Ried is a food and travel writer and the kitchen equipment specialist on the PBS show America's Test Kitchen.

handy dining

An easy, casual party features fabulous finger foods – no need for forks or spoons

Finger foods are always fun — permission to satisfy your inner child by eating with your hands — and they're great for parties. They're informal and unfussy: when fingers are the utensils, guests don't have to worry about which fork goes with which course, and neither do you. Since most finger foods are served in small portions, guests have to commit themselves to only one or two bites, appealing to dieters and more cautious diners.

Finger foods are versatile as well — they can be part of an entire menu, ideal for a buffet party or perfect as appetizers at a more formal meal. Serving sizes vary, depending on how many dishes you prepare. If you're serving finger foods with a main course, aim for three to five servings per guest. If there's no main course, plan for five to eight servings per guest.

If you're making a meal of finger foods, vary the categories. There should be small bites, such as nuts or our Roasted Chickpeas with Rosemary and Sea Salt, as well as more substantial options, such as the slow-cooked Sweet and Sour Pulled Pork Sandwich. Sandwiches are the classic handheld food, and you can include a few types, from simple cold cuts to spreads to hot offerings. Complement the prepared foods with choices such as carrot and celery sticks, slices of baguette, crackers, and cheeses. For dessert, cookies are the obvious eat-with-your-hands food, and you can add on homemade offerings, such as our Raspberry Meringues, with fresh berries, sliced peaches and plums, and chocolates.

Finger foods are easy on the host, from planning and prepping to serving and cleanup. You can go fancy, or keep recipes simple when you're short on time. And because your guests are busy serving themselves at the party, you get more time to enjoy them — and the food you prepared.

by DIANA BURRELL
Photographs by RICHARD JUNG

(ROASTED CHICKPEAS WITH ROSEMARY AND SEA SALT)

ROASTED CHICKPEAS WITH ROSEMARY AND SEA SALT

SERVES 6
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 45 MINUTES

Roasted chickpeas have a pleasingly nutty flavor without the fat and calories of nuts. Plus they're packed with plenty of healthy dietary fiber. They're the perfect guilt-free pre-dinner nibble.

- 2 tsp. dried rosemary
- 1 tsp. sea salt
- 2 (15-oz.) cans chickpeas, drained and rinsed
- 1 Tbsp. olive oil

1. Preheat oven to 400°F. Line a large, rimmed baking sheet with parchment paper or foil.
2. In a small bowl, crush rosemary and salt together between your fingers so that rosemary needles are broken up and dispersed into salt, or use a mortar and pestle. Put chickpeas in a medium bowl. Add olive oil and salt/rosemary mixture and toss by hand until chickpeas are well coated.
3. Put chickpeas in a single layer on baking sheet. Bake for 25 minutes, occasionally shaking pan to make sure chickpeas roast evenly. They should be golden brown and fragrant when done. They will be crunchy.
4. Remove from oven and let cool before handling, approximately 10 minutes. Serve warm or at room temperature. These are best the day they're made. Store in a covered container at room temperature for up to three days.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 130 CALORIES, 18G CARBOHYDRATES, 7G PROTEIN, 4G FAT (0G SATURATED), 0MG CHOLESTEROL, 760MG SODIUM, 5G FIBER

(BLACK BEAN TAQUITOS)

BLACK BEAN TAQUITOS

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 20 MINUTES

Taquitos are classic south of the border street food, though they're usually filled with beef or pork, then deep fried. In this version, we fill corn tortillas with flavorful black beans, then bake.

- 1 (19 oz.) can black beans, drained and rinsed
- ¼ cup Hannaford Inspirations® Country Tomato Salsa
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- ½ tsp. kosher salt
- ½ tsp. chili powder
- 12 corn tortillas
- ¾ cup shredded Mexican-style cheese
- Toothpicks
- Cooking spray
- Salsa, sour cream, and guacamole for dipping

1. Preheat oven to 350°F and set oven rack in top third of oven. Line a rimmed baking sheet with parchment paper.
2. In a food processor, purée black beans, salsa, olive oil, garlic, salt, and chili powder. Alternately, for a chunkier texture, mash black beans with a fork in a medium bowl, then stir in remaining ingredients by hand.
3. Dampen two paper towels and place tortillas, 6 at a time, between them on a microwave-safe plate. Microwave on high

INSET PHOTOGRAPH: PAGE 39: GETTY

PRESENTATION POINTERS

- Create visual appeal by placing foods at varying heights and angles on the serving table.
- Look for interesting ways to serve food (and save dishwashing time). Melon balls with toothpicks can be served in a scooped out watermelon. Use a hollowed out boule to hold spinach dip.
- Keep platters filled throughout the party. Enlist a family member or friend to help you keep an eye on dwindling food.
- Fill empty spaces on serving tables with displays of fruits and vegetables, or bowls of nuts and crackers.
- Give simple sandwiches pizzazz with a variety of breads, such as wheat, rye, and pumpernickel, use cookie cutters to cut them into handful shapes.

for approximately 1 minute This makes the tortillas more flexible for rolling

4. Working quickly spread a heaping Tbsp of bean puree on each tortilla and sprinkle 1 Tbsp shredded cheese down the middle Roll up tightly and place taquitos on a large baking sheet folded side down Pin each taquito closed with 2 toothpicks and lightly spray with cooking spray

5. Bake for 10 to 12 minutes until lightly browned and fragrant Serve warm whole or sliced in half at an angle with salsa sour cream and guacamole

APPROXIMATE NUTRITIONAL VALUES PER SERVING
270 CALORIES 37G CARBOHYDRATES 11G PROTEIN 9G FAT (3 5G SATURATED) 15MG CHOLESTEROL 630MG SODIUM 8G FIBER


(DILLED SHRIMP MINI QUICHES)

DILLED SHRIMP MINI QUICHES

SERVES 6
ACTIVE TIME 15 MINUTES
TOTAL TIME 30 MINUTES

Prebaked frozen phyllo shells and precooked salad shrimp make this elegant appetizer a snap to pull together Fresh dill is a natural pairing with shrimp but you'll also find success with many other summer herbs such as tarragon mint oregano or basil

30 fresh or frozen cooked salad shrimp
4 large eggs
½ cup reduced fat sour cream
1 tsp. kosher salt
¾ tsp. chopped fresh dill plus fresh dill sprigs for garnish
2 (2.1 oz.) pkg. frozen phyllo pastry shells, 30 shells total (keep in freezer until ready to fill)

1. Preheat oven to 350°F and set oven rack in top third of oven Line a rimmed baking sheet with parchment paper If you're using frozen cooked salad shrimp place them in a colander and run tepid water over them to thaw Dry shrimp with paper towels and set aside

2. In a small mixing bowl whisk together eggs sour cream salt and chopped dill until thoroughly combined

3. Remove phyllo shells from freezer and place on lined baking sheet Fill each frozen shell with a scant Tbsp of egg mixture

4. Bake for 12 to 15 minutes until filling is just set and doesn't jiggle when moved Let quiches cool on baking sheet for about 10

FOOD STYLING JENNY WHITE PROP STYLING ROSIE NEILD

minutes. When ready to serve, place one shrimp on each quiche and garnish with a sprig of dill.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
280 CALORIES, 22G CARBOHYDRATES, 10G PROTEIN, 16G FAT (2.5G SATURATED), 190MG CHOLESTEROL, 540MG SODIUM, 0G FIBER

SWEET AND SOUR PULLED PORK SANDWICH

SERVES 6
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 8 HOURS, 25 MINUTES

A slow cooker is a handy tool for the summer kitchen. It won't heat up the house and it cooks your meal while you're off doing other things — like enjoying the weather. This pineapple sweet and sour sauce stands in for classic barbecue sauce and a crunch of napa cabbage on top pays homage to traditional Chinese cuisine.

- 1 Tbsp. canola oil
- 1 medium onion, sliced thin
- 1 red pepper, sliced into thin 2-inch strips
- 2 tsp. minced garlic
- 2 Tbsp. grated fresh ginger
- ¼ tsp. kosher salt
- 1 (2 lb.) Chef's Prime Pork Roast (also called Pork Loin Roast)
- 1 (6 oz.) can pineapple juice, divided
- 2 Tbsp. rice vinegar
- ¼ cup ketchup
- ¼ cup soy sauce
- 2 Tbsp. light brown sugar
- 1 tsp. Worcestershire sauce
- Pinch crushed red pepper flakes
- 1 Tbsp. cornstarch
- 6 brioche rolls
- 2 cups thinly shredded napa green cabbage
- 3 scallions, thinly sliced


(SWEET AND SOUR PULLED PORK SANDWICH)

1. Combine canola oil, onion, red pepper, garlic, ginger, and kosher salt in bottom of slow cooker. Mix well.
2. Place pork roast on top of vegetables.
3. In a small bowl, whisk together ½ cup of the pineapple juice, rice vinegar, ketchup, soy sauce, brown sugar, Worcestershire sauce, and crushed red pepper flakes. Reserve remaining pineapple juice (about ¼ cup).
4. Pour sauce over meat and vegetables and set cooker for 8 hours on low heat (or 4 hours on high).
5. At end of cooking time, remove meat from sauce with tongs and set aside to cool (about 15 minutes). Strain sauce into a small saucepan (there should be 2 cups). Once meat is cool enough to handle, shred

FAST AND EASY PARTY PREP

- Plan a menu with plenty of make-ahead items. If you have one dish that must be served warm from the oven, make sure other dishes can be served cold or at room temperature.
- Write out your guest list and menu, then figure out what you'll need for tables, serving ware, paper goods, decorations, and trash receptacles. Have these items ready several days before your party.
- Consider your guests' comfort when developing the menu. Messy foods are hard to eat under the best of circumstances, and being without a knife or fork can't one of them. Keep servings clean and simple, and offer lots of napkins and toothpicks.
- Make party prep even more carefree by purchasing a shrimp ring or any of the prepared Party Platters in our Deli department.

it with your hands or two forks and place it back into slow cooker. Put cooked vegetables on top of shredded meat.
6. Stir together cornstarch and reserved pineapple juice, then whisk into sauce over medium-high heat. Once sauce boils and thickens, about 2 minutes, pour it over meat and vegetables. Stir to combine.
7. Toast bulkie rolls and fill with meat, shredded cabbage, and scallions. Serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 500 CALORIES, 82G CARBOHYDRATES, 42G PROTEIN, 11G FAT (3G SATURATED), 100MG CHOLESTEROL, 950MG SODIUM, 10G FIBER.

RASPBERRY MERINGUES

MAKES 30 MERINGUES
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 4 HOURS 20 MINUTES

The lightness of these meringues belies the intensity of their raspberry flavor, and slow cooking at a very low heat allows them to remain a lovely shade of pink. You can start these cookies the evening before, then let them set overnight.

- 1 cup fresh or frozen raspberries
- ½ cup sugar
- ½ tsp. vanilla extract
- ⅛ tsp. cream of tartar
- 2 large egg whites, room temperature

1. Preheat oven to 170°F (or nearest low setting) and place oven rack in top third of oven. Line a cookie sheet with parchment paper.
2. In a small saucepan, combine raspberries and sugar over medium-high heat. Stir and crush berries into sugar with the back of a wooden spoon. As soon as mixture is syrupy, remove from heat and strain through a fine mesh sieve, pressing down on berries with a rubber spatula to extract all liquid. Discard seeds. You should have approximately ½ cup of raspberry sauce. Stir in vanilla extract. Set aside to cool for 10 minutes.
3. Sprinkle cream of tartar on egg whites. Using a stand mixer or hand mixer, beat egg whites until they hold stiff peaks.
4. Give raspberry sauce a quick stir before gently folding a third of mixture into egg whites. Repeat with remaining sauce, a third at a time.
5. Spoon meringue into a large zip-close bag and gently squeeze it to one bottom corner. Trim ¼ inch diagonally off that corner so meringue can be piped out. Pipe meringue into 1½-inch swirled circles on baking sheet. Alternately, gently scoop meringue with a teaspoon and drop by rounded teaspoonfuls on baking sheet.
6. Bake for 2 hours at 170°F, turning baking sheet halfway through baking time to ensure even drying. Meringues should be dark pink with no sign of browning.
7. Turn off oven and leave meringues in oven for further drying for at least 2 more hours or overnight. Meringues will keep in a tightly covered container for up to five days, or they may be frozen for up to a month. Serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER MERINGUE: 20 CALORIES, 4G CARBOHYDRATES, 1G PROTEIN, 0G FAT (0G SATURATED), 0MG CHOLESTEROL, 15MG SODIUM, 0G FIBER. ●

Diana Burrell is a Boston-based food writer, recipe developer, and author.


(RASPBERRY MERINGUES)

The Joys of Juice

Squeeze more nutrition into your diet

BY KITTY BROIHIER MS RD

(BLUEBERRY-LIME ICE CAST... AND CITRUS CHILLER)

HERE'S TO GOOD HEALTH

Juices are a tasty refreshing way to enjoy the goodness of fruit. And because many juices have earned stars onr nn que Hannaford Guiding Stars™ program can help you qnickly choose the best jnices for yonr family Gniding Stars uses a simple *good better best* ranking system to indi cate wh ch choices have the most positive characteristics (like vitamins and minerals) and the lewest negative (like added sugars and sodinm) for the calories Jnst look for Guiding Stars shelf tags to make the comparison The nnmber of stars may vary among different brands of the same juice bnt juices that have earned one star include some brands of apple cranberry and white grapefruit while juices with two stars in clude some brands of prune and tomato

The average juice experience begins and ends with a morning glass of OJ But there's a world of great tasting alternatives, not to mention nutritional benefits out there Not only do many types of refrigerated juices now feature nutritional extras such as calcium fiber and additional vitamins but our bottled juice aisle is virtually exploding with a colorful array of nutritious juices and juice blends. The daily fruit and vegetable goal should be about 5 cups for most adults so consider having juice for one of yonr servings — it's convenient and tasty and now some of the hottest juices around boast impressive health benefits too

- **Pomegranate Jnice** enjoying a surge in popularity is especially high in antioxidants, which may be protective against cardiovascular disease and cancer Specifically research using pomegranate juice has shown improved blood flow to the heart in people with heart disease who consumed the jnice daily It also appears to help prevent clogging of the blood vessels Some experts believe pomegranate juice may even help prevent heart disease in people who dont already have it
- Health folklore has long suggested that **cranberry Jnice** can cure urinary tract infections and research does indeed support that (there's even ongoing research to see if regular consumption of cranberry juice can prevent these infections) However this berry's health benefits are more far reaching There are several studies currently nnder way that focus on the cranberry and its role in promoting a healthy immune system preventing cancer treating pen-

FOOD STYLE: NICOLE JANN CATAFULL, PROP STYLING: FRANCINE ZASLOW

odontal disease, and boosting heart health.

* **Purple grape juice** (from Concord grapes) is also especially good for you. In fact, a U.S. Department of Agriculture study found that the antioxidant capacity of Concord grape juice is more than twice that of orange, apple, grapefruit, or tomato juice. And while much of the research on grape juice centers on heart health (including its benefits to blood pressure and artery elasticity), there's evidence that it may play a role in cancer prevention and also promote urinary tract health.
* **Wild blueberries** are rich in phytonutrients — natural active compounds that promote health throughout the body, including benefits to circulation, eye health, and the ability to help fight certain age-related diseases. While all plants contain some phytonutrients, wild blueberries and wild blueberry juice pack plenty of them. Regular (cultivated) blueberry juice is also beneficial, but research shows it doesn't have the antioxidant power of wild blueberries.
* **Orange juice**, long an American favorite, boasts more than just a day's worth of vitamin C. One cup of OJ has as much potassium as a banana and is also a good source of folic acid (especially important for women in their child-bearing years). There are a variety of nutrient-added orange juice products on the market today; one of the most important of which is calcium-fortified orange juice. Many of us don't get enough calcium through dairy products, and calcium-fortified orange juice is an easy and effective way to boost calcium intake. In fact, one glass can provide as much of this important bone-building mineral as a glass of milk.

Juice can be especially refreshing in the summer, and you can combine different juices and fruits to make a healthful, satisfying snack. Consider our recipes a jump-ing-off point from which you can create your own juicy specialties. No matter how you choose to enjoy it, there's no doubt that juice can play a role in making your diet more nutritious, your cooking more creative, and your taste buds much happier.

You can use juice to make your own soda, which will allow you to create bubbly beverages that are as unique and flavorful as they are nutritious. We've provided you with a few different ways to do it, only one of which requires cooking. Be adventurous and come up with your own favorite juice combinations — you may even stumble upon your "signature" drink!

Stuck on Syrup?

Fructose is the sweetest naturally occurring sugar and is found largely in fruits, honey, and some vegetables. It's not the same as the manufactured food ingredient called high fructose corn syrup (HFCS). HFCS is a sweetener made from corn (basically corn syrup treated to increase the proportion of fructose present) and is found in many foods and beverages. Juice is sweet naturally, so any juice product that has HFCS added to it is not 100 percent juice — and therefore not your best choice.

(GRAPE-CHERRY SODA)

BLUEBERRY-LIME BLAST

SERVES 2
ACTIVE TIME: 1 MINUTE
TOTAL TIME: 1 MINUTE

Some health experts consider wild blueberries to be one of the best anti-aging foods.

- Ice cubes
- 1 cup wild blueberry juice
- 1 cup lime seltzer

1. Fill two 12-oz. glasses halfway with ice cubes. Divide blueberry juice between glasses, then top with lime seltzer, dividing it equally between glasses. Add straws, give drinks a stir, and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 70 CALORIES, 17G CARBOHYDRATES, 1G PROTEIN, 0G FAT (0G SATURATED), 0MG CHOLESTEROL, 25MG SODIUM, 0G FIBER

CITRUS CHILLER

SERVES 2
ACTIVE TIME: 2 MINUTES
TOTAL TIME: 2 MINUTES

This bubbly drink is the perfect refresher for a hot afternoon.

- 2/3 cup refrigerated orange-tangerine juice
- 2 Tbsp. Honeyford Frozen Concentrate for Limeade (no need to thaw)
- 1 cup lemon or lime seltzer
- Ice cubes

1. Put orange-tangerine juice in a glass measuring cup. Add limeade concentrate and stir well. Divide mixture evenly between two 12-oz. glasses.

2. Pour ½ cup seltzer into each glass. Stir to mix. Add ice cubes and straws, and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 80 CALORIES, 20G CARBOHYDRATES, 1G PROTEIN, 0G FAT (0G SATURATED), 0MG CHOLESTEROL, 0MG SODIUM, 0G FIBER.

GRAPE-CHERRY SODA

SERVES 4
ACTIVE TIME: 5 MINUTES
TOTAL TIME: 1½ HOURS

This is a fruit soda for grown-ups. The grape-cherry syrup is tangy, refreshing, and much less sweet than traditional purple grape soda. You can also make the syrup with grape juice only.

Grape-cherry syrup

- 2 cups 100-percent purple grape juice
- 2 cups 100-percent black cherry juice


(POMEGRANATE POWER SMOOTHIE)

Soda

- Ice cubes
- Chilled grape-cherry syrup
- 1 liter Hannaford Black Cherry Sparkling Water (or plain club soda)

1. Prepare grape-cherry syrup. In a medium nonreactive saucepan, over medium-high heat, bring grape juice and black cherry juice to a simmer. Decrease heat to medium and continue to cook for about 1 hour, stirring occasionally, until juice reduces down to 1 cup (check yield by carefully pouring hot juice into a glass measuring cup). Cool syrup for ½ hour, then refrigerate in a covered jar until you make soda. (Syrup will keep, refrigerated, for a week.)
2. To make soda: Fill a 12-oz. glass halfway with ice cubes. Add ¼ cup chilled grape-cherry syrup to glass and top with 1 cup sparkling water or club soda. Add a straw, stir and serve immediately. Repeat to make up to 4 sodas.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 130 CALORIES, 36G CARBOHYDRATES, 1G PROTEIN, 0G FAT (0G SATURATED), 0MG CHOLESTEROL, 75MG SODIUM, 0G FIBER.

Get Your Creative Juices Flowing

Tips on Choosing and Using Healthy Juices

- Deeply colored juices, such as cranberry, wild blueberry, pomegranate and purple grape, are especially high in beneficial anthocyanins, which not only give the juices their color but also have antioxidant and anti-inflammatory properties.
- Read the label and look for products that say "100 percent juice" on the package. Labels that have the words "beverage" or "drink" in their names indicate the contents are not 100 percent juice.
- Sediment present in the bottom of bottled juices shows that the fruit's skin has been used in making the juice and means you'll get the most of its beneficial properties (be sure to shake juice well before serving).
- Try the grape-cherry syrup drizzled over a bowl of hot oatmeal or stack of oat pancakes.
- Juice up some gelatin (plain or flavored) for a more nutritious dessert or snack.
- Stir up a tasty sorbet or make your own juice pops.

POMEGRANATE POWER SMOOTHIE

SERVES 1
ACTIVE TIME: 3 MINUTES
TOTAL TIME: 3 MINUTES

This pomegranate- and cherry-flavored smoothie boasts extra protein from the breakfast drink powder and soy protein as well as calcium and vitamins from the variety of ingredients used. Feel free to alter the primary flavors — combining pomegranate juice with pineapple yogurt, for instance.

- ⅓ cup pomegranate juice (or pomegranate-cherry juice blend)
- ½ cup light or regular cherry-vanilla yogurt
- 1 (1.26-oz.) packet vanilla instant breakfast drink powder
- ¼ cup skim milk
- 3 ice cubes
- 2 tsp. soy protein powder (optional)

1 Combine all ingredients in a blender or food processor and process on high for 1 minute, or until well combined. Pour into a large glass and drink with a straw.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 280 CALORIES, 55G CARBOHYDRATES, 11G PROTEIN, 1G FAT (0.5G SATURATED), 10MG CHOLESTEROL, 190MG SODIUM, 0G FIBER. ●

Kitty Brothier, MS, RD, is a freelance writer and cookbook author in South Portland, Maine.

Love Me Tenders

Chicken tenders are a quick, versatile answer to "what's for dinner?"

BY KIMBERLY MAYONE PHOTOGRAPHS BY FRANCINE ZASLOW

If dinnertime in your home has become too routine or too complicated don't worry We have an answer to help you break out of the rut Hannaford Inspirations® Boneless Chicken Tenders Pieces selected from the underside of chicken breasts they need little to no additional preparation A typical package of chicken tenders is just the right size for four servings. Pan-ready out of the package chicken tenders cook up quickly and evenly because of their uniform size They're a true culinary timesaver

Chicken tenders enhance all kinds of dishes Try them instead of sausage in a pepper and onion sub Cook up a quick stir fry with cashews broccoli and your favorite Hannaford Inspirations Stir Fry Sauce Coat tenders with any type of breading for "oven fried" chicken strips Panko Japanese-style bread crumbs makes a particularly delicious, extra-crispy coating for baked chicken (see page 8 for more panko ideas) Tenders are great on the grill with all kinds of rubs and marinades and are ideal for skewers

In our three quick entrees — each ready in 30 minutes or less — chicken tenders play a starring role Chickpeas tomatoes and couscous join the tenders in Moroccan Style Chicken, a complete meal Smoky bacon and mascarpone cheese enrich Chicken and Linguine Grilled tenders go perfectly with greens in our Grilled Chicken and Avocado Salad perfect for summer evenings

MOROCCAN-STYLE CHICKEN WITH TOMATOES AND CHICKPEAS SHOWN WITH ISRAELI COUSCOUS

MOROCCAN-STYLE CHICKEN WITH TOMATOES, CHICKPEAS AND COUSCOUS

SERVES 4
ACTIVE TIME 25 MINUTES
TOTAL TIME 25 MINUTES

This quick stew is accented by the Moroccan flavors of cumin paprika and garlic

Note *Couscous can be found in the aisle with rice Israeli couscous which is larger than regular couscous can be found in the aisle with international foods Note differing cooking instructions*

- 1 Tbsp extra-virgin olive oil
- 1 small onion, finely chopped
- 2 tsp minced garlic
- 1 1/4 tsp ground cumin
- 3/4 tsp paprika
- 1 tsp dried oregano
- 1/8 tsp. cayenne pepper
- 1/4 tsp. freshly ground black pepper
- 1/8 tsp. kosher salt
- 1 1/2 lb Hannaford Inspirations All-Natural Boneless Chicken Tenders
- 1 (28 oz) can diced tomatoes
- 1 Tbsp tomato paste
- 3 cups fat free low-sodium chicken broth divided
- 1/4 cup raisins
- 1/4 cup sliced black olives drained

PROP STYLING JINN CARAFOLI PROP STYLING FRANCINE ZASLOW

(CHICKEN AND LINGUINE WITH PEAS AND BACON)

1 (15 oz.) can chickpeas, drained and rinsed
2 cups plain or Israeli couscous
2 Tbsp. finely chopped Italian parsley (optional garnish)

1. Heat oil in an extra-large skillet over medium heat. Add onion, garlic, cumin, paprika, oregano, cayenne pepper, black pepper, and salt. Cook and stir until fragrant, about 1 to 2 minutes.
2. Add chicken to pan and cook until golden on one side, about 1 to 2 minutes. Flip tenders and continue cooking until golden brown on the second side, about 1 to 2 minutes. Transfer tenders to a plate. Cover with foil and set aside.
3. Add tomatoes, tomato paste, ½ cup of the chicken broth, raisins, olives, and chickpeas to pan. Stir well and bring mixture to a simmer over medium heat.
4. While tomatoes are heating, place remaining 2½ cups chicken broth in a small saucepan and bring it to a boil over high heat. If using regular couscous, add to boiling broth, stir well, cover, and remove from heat. Let sit for 5 minutes, then fluff couscous with a fork, and re-cover. If using Israeli couscous, add to boiling broth. Simmer for 8 to 10 minutes, until couscous is just barely tender.
5. Once stew simmers, return tenders to pan to finish cooking, about 2 to 3 minutes. You may need to do this in two batches if they don't all fit.
6. To serve, divide couscous among four shallow bowls. Place tenders on top of couscous in each bowl, then ladle stew over couscous and chicken. Garnish with parsley, if desired.

A PROXIMATE NUTRITIONAL VALUES PER SERVING:
730 CALORIES, 105G CARBOHYDRATES, 58G PROTEIN, 8G FAT (0.5G SATURATED), 100MG CHOLESTEROL, 1,140MG SODIUM, 12G FIBER

CHICKEN AND LINGUINE WITH PEAS AND BACON

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

This elegant dish tastes and appears much more labor-intensive than it is.

12 oz. dry linguine or vermicelli
1 Tbsp. extra virgin olive oil, divided
1½ lb. Hannaford Inspirations All-Natural Boneless Chicken Tenders
1 leek, white and pale green parts, washed, quartered lengthwise, and thinly sliced (about 1 cup)
1 tsp. minced garlic
¼ tsp. kosher salt
⅛ tsp. freshly ground black pepper, plus additional for serving
3 Tbsp. dry white wine
1½ cups frozen petite peas
1 cup fat-free, low-sodium chicken broth
⅓ cup heavy cream
¼ cup mascarpone cheese (about 3 oz.)
4 slices Hannaford Hickory Smoked Fully Cooked Bacon, chopped
2 Tbsp. finely chopped Italian parsley
2 Tbsp. grated Parmesan cheese

1 Fill a large pot with about 4 quarts of water. Bring to a boil over high heat; add

Make It a Meal ... with Help from Hannaford

In the hot days of summer, no one wants to spend hours in the kitchen. With a few smart selections, any of our chicken tender entrées can become a complete meal with the addition of an easy appetizer and dessert.

Sliced cucumbers, pita chips, and grape tomatoes served with mixed green and black olives and prepared baba ganoush (roasted eggplant dip) are a perfect starter for Moroccan Style Chicken. Finish this meal with a platter of dried figs and apricots and shortbread cookies.

To begin an Italian-inspired meal of chicken and linguine with peas and bacon, try bakery-fresh focaccia bread served with Hannaford Inspirations® Rosemary Dipping Oil and sprinkled with grated Parmesan cheese. Add sliced summer tomatoes drizzled with Inspirations Balsamic Vinaigrette to the appetizer mix. In true Italian style, serve fresh fruit for dessert.

As the Tex-Mex chicken grills for your salad, nibble on tortilla chips with Inspirations Corn and Black Bean Salsa. Finish with Inspirations Lemon Sorbetto topped with shredded coconut.

pasta and cook, stirring occasionally until done, about 8 to 10 minutes.

2. While water is heating, heat 2 tsp. of the oil in an extra-large skillet over medium heat. Add chicken tenders. Cook until golden on one side, about 1 to 2 minutes. Flip tenders and continue cooking until golden brown on second side, about 1 to 2 minutes. Transfer tenders to a plate, cover with foil, and set aside.

3. Add remaining 1 tsp. oil to pan and heat over medium heat. Add leek, garlic, salt, and black pepper. Cook and stir until fragrant, about 1 to 2 minutes.

4. Add wine and simmer, about 30 seconds. Increase heat to medium-high and add peas, chicken broth, and cream. Bring to a simmer and cook until peas are tender, about 5 to 6 minutes.

5. Drain pasta and return it to pot unrinsed.

6. Return chicken to pan to cook through, about 5 minutes. Remove tenders and place on top of pasta. Add mascarpone, bacon, and parsley to sauce and stir until smooth. Turn off heat. Pour finished sauce over cooked pasta and chicken. Toss well to combine.

7. To serve, divide pasta and tenders among four shallow bowls (or dinner plates). Top each bowl with grated Parmesan and offer freshly ground black pepper, if desired. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 820 CALORIES, 72G CARBOHYDRATES, 57G PROTEIN, 31G FAT (15G SATURATED), 175MG CHOLESTEROL, 620MG SODIUM, 4G FIBER.

GRILLED CHICKEN AND AVOCADO SALAD

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 25 MINUTES

This summer salad is topped with a cool sour cream and lime dressing.

(GRILLED CHICKEN AND AVOCADO SALAD)

Spiced Lime Dressing

- ⅔ cup reduced-fat sour cream
- ⅓ cup fresh lime juice
- 2 Tbsp. water
- ½ tsp. ground cumin
- 1 tsp. minced garlic
- ⅛ tsp. ground cayenne
- 1 Tbsp. thinly sliced chives
- ½ tsp. kosher salt
- ⅛ tsp. freshly ground black pepper

Salad

- 1½ lb. Hannaford Inspirations All-Natural Boneless Chicken Tenders
- Spiced Lime Dressing, divided
- 1 head Boston lettuce (about 14 to 16 oz.), cored, rinsed, and dried
- 3 vine-ripened tomatoes, cores removed, each cut into 8 wedges
- 1 yellow bell pepper, cut into 1-inch strips
- 1 avocado
- 2 Tbsp. thinly sliced fresh chives

1. Preheat grill or broiler. Combine all dressing ingredients in a medium bowl; whisk until smooth.

2. Put chicken tenders in a larger bowl. Add ¼ cup of the dressing and toss well to coat.

3. Tear lettuce into bite-sized pieces. Divide lettuce among four shallow bowls (or dinner plates). Divide tomatoes and pepper among the four bowls. Quarter avocado, cut each quarter into three long slices, and divide slices among bowls.

4. Place tenders onto hot grill or broiler. Cook until well marked, 2 to 3 minutes. Turn tenders and cook through, about 2 to 3 minutes. Transfer tenders to a plate to rest for a minute.

5. Divide tenders among bowls. Drizzle remaining dressing over salads and top with chopped chives. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 350 CALORIES, 17G CARBOHYDRATES, 44G PROTEIN, 14G FAT (4.5G SATURATED), 120MG CHOLESTEROL, 350MG SODIUM, 6G FIBER.

Kimberly Mayone runs WOW Delicious, a recipe development company in Maine. She has coauthored two cookbooks.

This Summer, Drink Pink

Deviled eggs, fried chicken, fruit salad barbecue quiche grilled sausage and veggies — could there be one wine that's great with them all? Yes! Its rosé specifically dry rosé And like summer rosé is hot

From Napa to New York rosé has made a comeback And if you think pink means sweet think again Today good rose wines range in sweetness in blush color and in price too They hail from the U S Europe and beyond and are made from several grape varieties

In the south of France rose is the summertime wine of choice It pairs with practically everything especially picnic foods And when served cold its incredibly refreshing

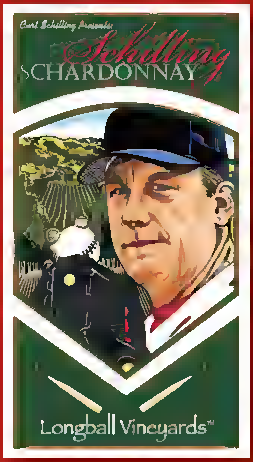
Rosé's distinctive hue derives from the shorter length of time (compared with red wine) the winemaker allows the red grape skins to be in contact with the wine Because it's neither red nor white rosé complements many foods even those not typically wine friendly like egg dishes Rose from Europe is generally drier — and more versatile — than its California counterpart In response to growing interest in the wine U S vintners have introduced a new category somewhere between dry and sweet pink or "blush" wines They re softer and fruitier than the sometimes bone-dry rosés of Europe but not as sweet as White Zinfandel

For dry rosé lovers **Château Routas** from Provence at around $10 will not disappoint Nor will **Francis Coppola's Sofia Rosé** at around $18 made from Pinot Noir Leaning toward pink"? You ll pack a fabulous picnic with **Bonny Doon's Big House Pink** at $11 and **Cline's Pink Truck**, at $9 Tuck em in ice and go

— Monica Velgos with contributions from Tom Hansen Hannaford Fine Wine Buyer

PHOTOGRAPHY BY ARD UNC FOOD S G L W Y

wines with heart



3 Superstars, 3 Fine Wines, 3 Great Charities

Enjoy delicious Chilean wines while supporting your favorite player and their favorite charity.
Manny being Merlot helps CHARLEE, a Miami group that provides support services to abused children.
Schilling Schardonnay benefits Curt's Pitch for ALS, helping patients with Lou Gehrig's disease.
CaberKnuckle benefits Pitching for Kids, a New England children's sports group.

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